



## EMPLOYEE HEALTH & WELLBEING SERVICE

Occupational Health  
Occupational Physiotherapy  
Employee Wellbeing

### Anxiety



While worrying and feeling nervous is something that every person will experience at times during their lives, normal anxiety can become a problem when it is excessive and feels uncontrollable. Below are some resources to help you cope with anxiety.

The [Centre for Clinical Interventions workbook on anxiety](#) consists of evidence-based modules which provide information, techniques and practices to support you to better cope with anxiety.

This [NHS website](#) provides information on anxiety and its symptoms and tips to help you cope with anxiety. [View the NHS resource on anxiety.](#)

[Try listening to these relaxation techniques.](#) This includes **Mindful breathing** and **Progressive Muscle Relaxation**.

The [Employee Wellbeing Service website](#) has a wide range of resources to help with anxiety, such as self-help guides, useful contacts and mental health apps.

**Silvercloud** is online CBT service is free to access for NHS staff. Their stress program can help you to reduce your stress and anxiety. [Visit the Silvercloud site.](#)

#### **Grounding Techniques**

Grounding techniques are things that you can do to bring yourself into contact with the present moment, to reduce emotional dysregulation, anxiety and traumatic memories, distract from negative thoughts and help you feel safe in the present moment. This may be brief strategies (such as breathing techniques), or longer, more formal exercises (such as meditation).

The [Living Life Well website](#) provides some grounding techniques

**Psychology Today** provides 10 grounding techniques to help you calm yourself and get settled, centred and grounded. [View the Psychology Today website.](#)



## **Panic Resources**

Everyone experiences feelings of anxiety and panic at certain times; it's a natural response to stressful or dangerous situations. Feeling anxious and afraid is very much a part of the experience of being human, and serves to protect us, as an automatic alarm response that activates a whole series of bodily changes to prepare us for potential danger. Sometimes, however, it is possible to have this intense fear response when there is no danger. Panic attacks are brief, sudden surges of intense anxiety, with symptoms that are very similar to intense fear. They often strike out of the blue, without any warning, and sometimes with no clear trigger – they may even occur when you're relaxed or asleep. No matter how powerless or out of control you may feel about your panic attacks, it's important to know that there are many things you can do to help yourself.

## **Learn about panic and anxiety**

Simply knowing more about panic and the fight-or-flight response experienced during a panic attack can go a long way towards relieving your distress.

The [Centre for Clinical Interventions workbook on panic](#) consists of evidence-based modules which provide information, techniques and practices to help you better cope with panic attacks. [The Distress Intolerance workbook](#) also suggests strategies for managing distress more effectively.

**MIND and the NHS** provide information on panic attacks, its symptoms, and things you can do help with fear and panic. [View the information provided by MIND](#) and [the NHS](#).

## **Breathing retraining/Mindfulness/Relaxation**

Practice relaxation techniques, such as meditation, and **progressive muscle relaxation**. [You can view helpful resources here.](#)

NHS staff have been given free access to a number of **wellbeing apps**, such as 'Headspace' and 'Calm'. [Find out about the apps you can access here, and here.](#)

Learn how to control your breathing with [breathing retraining exercises](#).

